



## @ St. Joseph's

Dear Parents,

Approaching our last week in school before the half-term, we have celebrated, Children's Mental Health Week. This year, the theme is Growing Together and explores how physical growth is such a tangible thing yet our emotional development is just as important and in need of nurturing.

As staff, we have tried to help and support one another through some tough 'anniversaries' of lost loved ones. It has certainly highlighted the importance of looking out for each other, feeling part of a close community and always trying to be 'kind.' This small word is used often and has become synonymous with the pandemic yet it resonates far and wide - we don't always know when others are struggling or how hard people's lives are.

Many parents have thanked staff for their kindness to them and to their families. We would also like to thank those parents who show such kindness and support to adults in school.

Wishing you all a happy and safe half-term

Ms. Wilson and the Wellbeing Team



### Useful APPS and websites



Provides a supportive, helpful tool for you to manage your worries in a better way, transforming your thought habits for the long-term benefit of your mental health and wellbeing.



Young Minds: <https://youngminds.org.uk/>. A charity championing the wellbeing and mental health of young people, including a Parent Helpline (0808 802 5544)

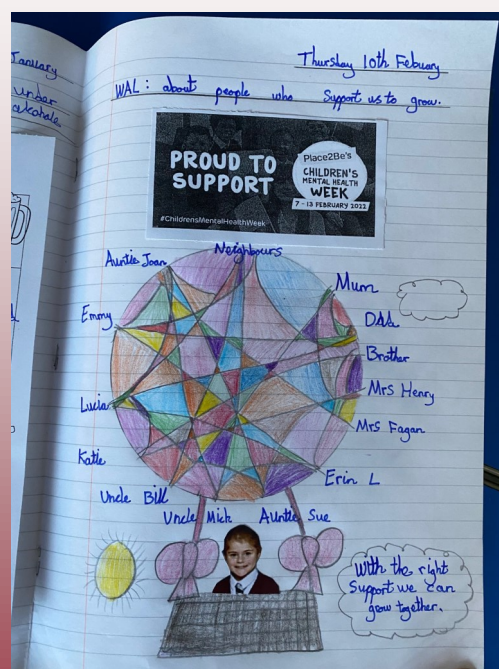
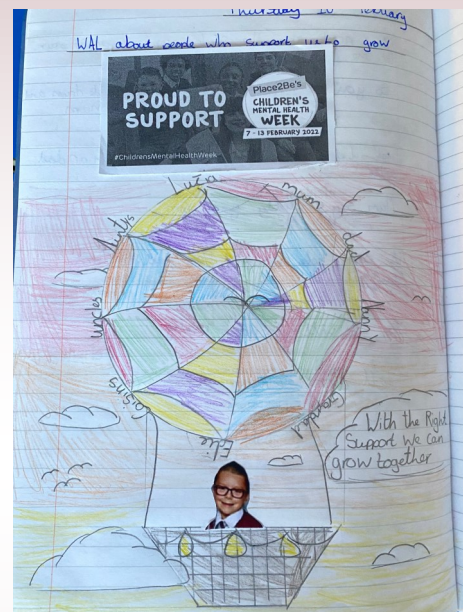
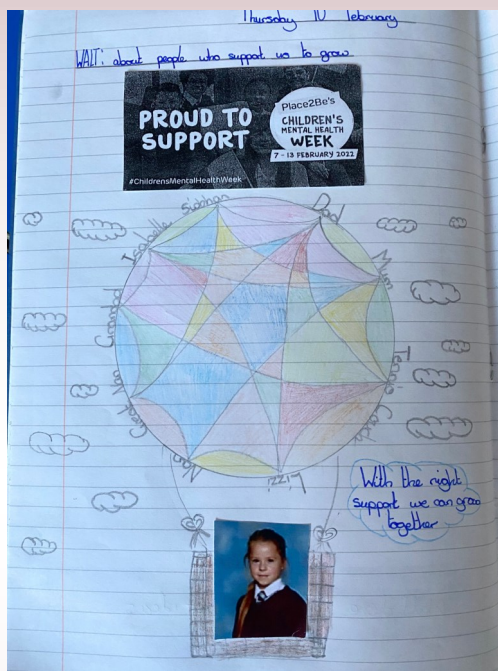


Havering IAPT (Improving Access to Talking Therapies) is a free NHS therapy service for anyone over 18, who is registered with a GP in Havering. IAPT offers varied approaches of support. If you are experiencing difficulties and would like support you can self-refer by calling 0300 3001554 (option 2) 9-5pm or by submitting a self-referral form: <https://www.iaptportal.co.uk/ServiceUser/SelfReferralForm.aspx?sd=33deee7f-8db0-435d-ac1c-78a0d990d27a>. For more information please visit: <https://www.talkingtherapies.nelft.nhs.uk/havering>

## Children's Mental Health Week

All the children have had some thought-provoking lessons and circle times around the theme of Growing Together. Classes 4B and 5FH have shared some of their learning this week.

In Year 5, we talked about who we look to for support. We created our own 'Support Balloons' and considered the people in our lives who help us to grow. We also talked about who we thought we offer to support to. We discussed how it feels to ask for support but also how it feels when we offer support to others.









## Children's Mental Health Week

In Year 4, the children thought about how they have grown since September - not in height but as a person. They thought about a new skill they could now do that they couldn't do in September. They wrote their achievements onto a leaf which will be made into a growth tree. After that, they thought about who supports them with their growth. They used the names of their special people to make their own support balloons. Later on in the week, Year 4 took part in some circle time activities to help them to think positively.



# Friendly February 2022

Friendly February Is a focus on reaching out, being friendly to others and giving our relationships a boost.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 7 Show an active interest by asking questions when talking to others	1 Send a message to let someone know you're thinking of them	2 Ask a friend how they have been feeling recently	3 Do an act of kindness to make life easier for someone	4 Organise a virtual 'tea break' with a colleague or friend	5 Make time to have a friendly chat with a neighbour	6 Get back in touch with an old friend you've not seen for a while
14 Tell a loved one or friend why they are special to you	15 Support a local business with a positive online review or friendly message	16 Check in on someone who may be struggling and offer to help	17 Appreciate the good qualities of someone in your life	18 Respond kindly to everyone you talk to today, including yourself	19 Share something you find inspiring, helpful or amusing	20 Make a plan to connect with others and do something fun
21 Really listen to what people say, without judging them	22 Give sincere compliments to people you talk to today	23 Be gentle with someone who you feel inclined to criticise	24 Tell a loved one about the strengths that you see in them	25 Thank three people you feel grateful to and tell them why	26 Make uninterrupted time for your loved ones	27 Call a friend to catch up and really listen to them
28 Give positive comments to as many people as possible today						

OR HAPPINESS

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ACTION FOR HAPPINESS